



2-13-2020

## The Pacifican February 13, 2020

University of the Pacific

Follow this and additional works at: <https://scholarlycommons.pacific.edu/pacifican>

---

### Recommended Citation

University of the Pacific, "The Pacifican February 13, 2020" (2020). *The Pacifican*. 705.  
<https://scholarlycommons.pacific.edu/pacifican/705>

This Newspaper is brought to you for free and open access by the University of the Pacific Publications at Scholarly Commons. It has been accepted for inclusion in The Pacifican by an authorized administrator of Scholarly Commons. For more information, please contact [mgibney@pacific.edu](mailto:mgibney@pacific.edu).



# THE PACIFICAN

UNIVERSITY OF THE PACIFIC'S NEWSPAPER SINCE 1908

Check us out online at [www.thepacifican.com](http://www.thepacifican.com) • The Pacifican



• @thepacifican



## Study abroad students feel impacts

Back from China and into voluntary self isolation

By **Natalia Gevara**  
Editor-In-Chief

Since the coronavirus broke out in Wuhan, China, this December — cases have been confirmed across various different

countries, including the United States. According to the US Department of State, the virus is highly contagious and causes pneumonia like symptoms in those affected.

The urgency of the

outbreak has led to a Level 4 Travel advisory being placed on China. With that in mind, many study abroad programs for American students in China have been cancelled. Several Pacific students

had to cancel their study abroad plans in China, including a select few who were already there for the academic year.

Global Studies and Chinese Studies major CC Freeman '21 was among those who were already studying abroad in

China when the outbreak occurred. Freeman was spending her academic year in Chengdu, and in a matter of days, her entire situation turned upside down.

“Within a span of 72 hours everything from staying inside and wearing

a mask when going outside to our program being cancelled and having to fly home as soon as possible,” Freeman said. “When I left there wasn’t a case in the city until maybe two days before I left. Even then, out

**ABROAD**

*continued on Page 2*

## A first person take on stint in Japan

Pacific student studying overseas

By **Hannah Davis**  
Special to *The Pacifican*

It’s only been 10 days and I’ve already been able to experience so many exciting things in Kyoto. The CIEE Kyoto Center is located in one of the best parts of the city. All the popular sites and restaurants are within walking distance and we’re right next to the Karasuma-Oike Station which makes getting to other parts of the city very easy.

Kyoto is a truly fascinating city with a unique blend of ancient and modern

Japan, and by living here, I’m learning so much about Japanese traditions and culture. I am also trying to immerse myself as much as I can by trying to speak in Japanese when I am walking around. There are only eight other students in my program, so we’ve all gotten pretty close. One of the most fun things we’ve done so far was going to a karaoke lounge and singing the entire night. Karaoke lounges here in Japan have private rooms and serve food & beverages.

I personally have enjoyed going to the temples



*photo special to The Pacifican*  
Hannah Davis, a Pacific student, who plans to graduate in 2021 with a degree in International Relations, is in Kyoto, Japan.

and shrines in the city. They have a serene atmosphere, making them really nice to meditate or relax at. Currently, we’re at the very end of winter here in Japan so the weather has been a little cold, but luckily there are vending machines everywhere you look with hot tea, coffee, and chocolate for a little less than \$1 to warm you up.

I am taking five courses

this semester and all of them have an emphasis on experiential learning. For my Analysis of Japanese Popular class, we will be conducting ethnographic research on aspects of Japanese culture such as purikura and otaku culture, and in my two history classes we are required to

**JAPAN**

*continued on Page 4*

## Pacific professor talks coronavirus

By **Malavika Raj**  
Sports Editor

*We asked Pacific’s Dr. Tara Thiemann about the 2019 novel coronavirus that originated in Wuhan, China. The virus is the cause for the 2019-nCoV respiratory disease, which is currently a rapidly-changing global health emergency. Dr. Tara Thiemann is a professor at the Biological Sciences Department at Pacific who specializes in the biology of arthropod vectors that transmit pathogens to humans and animals, and other vector borne diseases.*

words, can you explain what the virus 2019-2020-CoV is and its origins?

**Answer:** 2019-nCoV is a new coronavirus. It was first detected in humans in Wuhan, China, in December 2019. The human epidemic likely originated from a wild-animal market. While not fully determined, it has been reported that the virus most likely came from a pangolin, a mammal native to Asia.

**Q.** Can you explain a little bit how the virus spreads and the mechanisms in which it spreads?

**A:** The virus spreads

**CORONAVIRUS**

*continued on Page 4*

**Question:** In a few

# ABROAD: Student back from China in self isolation

## ABROAD

*continued from Page 1*

of the whole city you have districts. In our district, we never had any cases.”

Coming to school after the semester had been in session for three weeks already meant that Freeman was scrambling to register for classes. Unfortunately, there were some classes she was unable to register for.

“The worst part is that a lot of us needed those classes. I think at this point I might have to change my Chinese major to a Chinese minor if things don’t work out well,” Freeman said.

Furthermore, Freeman was unaware that after she came home on February 1st, the Center for Disease Control and Prevention released new guidelines

for a “self-isolation” for all individuals who traveled from China on or after January 31st.

The self-isolation was recommended to last 14-days upon arrival.

Due to these new guidelines, Pacific made the decision to ask students who were coming from China after January 31st to self-isolate. Freeman received the news February 6th.

“Asking currently healthy individuals to self-isolate was not a decision we made lightly. We know that self-isolating individuals were probably not exposed to the virus and will not become ill,” Director of Student Health Services Dayna Cerruti-Barbero said. “And we know that self-isolation is difficult and extremely inconvenient. But we have

chosen to be on the side of extreme caution.”

Cerruti-Barbero states that the decision was based on a variety of factors, “including CDC guidelines, new recommendations from the US Department of Health & Human Services (HHS), issued on January 31, that coincided with individuals returning from China to the University’s Stockton campus.”

Another Pacific student, who asked to remain anonymous, also had to return from their study abroad program in China — and is currently in self-isolation as well.

“At the time I returned from China, and after being screened multiple times at the airport and questioned at US customs and subsequently released, I was assigned a dorm and told to go to classes on the

following Monday,” the student said. “In a matter of hours, me and the other student were moved into an empty university apartment and told not to attend classes for the rest of our incubation period.”

The student states that this made the transition even more difficult, seeing as they were already behind in classes to begin with.

However, the university has made efforts to bridge the gap between departments in terms of communicating how to transition these students in the most effective manner.

“There are many departments working together collaboratively to make sure we can ease the transition as much as possible,” Associate Vice President for Student Well-Being and Dean of Students Rhonda

Bryant said. “A lot of folks are working behind the scenes to make sure the students get what they need to transition back to class.”

Despite the university’s efforts, students are still having difficulties adjusting to these extenuating circumstances after coming back from months abroad.

“Although this situation is “voluntary” there is a lot of pressure to do it for the greater good and health of the community,” the anonymous student said.

Furthermore, students who hadn’t been to China but were planning to for the Spring semester were left with little options.

“I think it’s important to note that the students returned four weeks after the classes already started

here on campus,” Bryant said. “So students who were in study abroad programs opted to not go back to school this semester, and some opted to go to other study abroad programs in other countries.”

Nonetheless, the university remains stringent in ensuring a safe environment for students.

In a statement released on February 7th, the university maintains that they are “continuing to monitor the situation on all of our campuses and will provide updates as necessary.” Furthermore, the statement reads that there are “no confirmed cases of novel coronavirus have been reported on any of our three campuses or in our three-city region.”

## The Pacifican

### EMAIL

n\_gevara@u.pacific.edu

### OFFICE

Smith Lounge  
Grace Covell Hall

### MEETINGS

Noon on Thursdays at the Smith Lounge

### ADVISOR

Jo Ann Kirby

### DISTRIBUTION TEAM

Parker Huff  
Kimberly Villegas Jimenez



**Natalia Gevara**  
Editor-in-Chief



**Malavika Raj**  
Sports Editor



**Angelina Doty**  
Photography Editor



**Matthew Oldfather**  
Copy Editor



**Liliana Lopez**  
Opinion Editor



**Amanda Davis**  
Copy Editor



**Chelsea Igtanloc**  
Social Media Editor



**Sana Querishi**  
Business Manager



# Stockton school named after Filipino-American teacher

By **Chelsea Igtanloc**  
Social Media Editor

Stockton is known for its great diversity and rich history, including it being the number one home for Filipinos outside of the Philippines. Among them stands Flora Arca Mata, the first Filipino-American to have graduated from UCLA and become a teacher in California who is also from Stockton. Recently, a local elementary school has decided to honor her by naming the school after her.

Mata was born in Hawaii and moved to Stockton when she was 2, where she then attended public school. She then went on to UCLA

to get her credentials, which led her to become a teacher in Stockton. Mata had served the Stockton Unified School District as a kindergarten teacher until 1980 where she taught for 32 years. It was not easy getting this position, since she was told by a school dean during her time at UCLA that her status as a minority would not qualify her to become an educator. When she had also seen the job opening, she was told to come in because she “did not sound like a minority.” These obstacles did not stop her and due to her persistence, she is known as a pioneer for generations

to come.

Jan Luce, a dancer for the Little Manila Dance Collective says, “I think it’s an amazing thing. It’s not every day that you see or even hear about a school named after a Filipino-American outside of the Philippines. Having one so close to home makes it that much more special.”

Shelly Perez, a Delta college student who was born and raised in Stockton says, “What sets this school apart from other schools is that it sets the precedent for young individuals to be resilient in the face of adversity. Not too many people from Stockton have

monuments or buildings named after them, so to be able to have a school named after someone (from Stockton!) who was so persistent in advocating for change in education for minorities emphasizes that anyone can make a difference no matter where you come from!” in response to how this school will differ from others.

“This name is sacred for our ancestors, elders, youth, and babies. It is the principle of being able to take future youth around Stockton, pointing at a location, and telling them “You see that place right there? That’s us.

We did that,” says Jaelyn Galasinao Sanidad, another Stockton native, “It’s one thing to verbally pass down our history, but bringing it to life is what every kid deserves. It’s more than just a name, but its meaning and the conversations that will be sparked in those classrooms. It’s us teaching them that their own bodies and existences are historical landmarks in themselves.”

Ralph Baluyut, a Filipino-American currently in the master’s program for education at USF reflects on Mata’s influence as he says, “I feel frustrated

that the dean told her that because I highly disagree with that statement. Success as an educator does not depend solely on one’s culture. In fact as an educator, I believe that being Filipino American gives me valuable experience and insight that is necessary to be successful in the classroom. As a Filipino American and an immigrant I am able to have empathy and understanding for those who have experienced the struggles of being a minority too.”

Mata defied the odds and rose above all of those who doubted her.

## High winds Sunday take out tree



*Pacifcan photos by Angelique Doty*

A giant evergreen tree on the University of the Pacific campus was uprooted and fell on the lawn in front of Burns Tower on Sunday when wind gusts of up to 60 miles per hour were reported, above. By Monday, workers were chopping up the tree and removing debris around campus from the weekend wind.



**1000 W. Robinhood Dr.**

**Stockton CA 95207**

**Phone: 209-474-7470**

or order online [www.mountainmikespizza.com](http://www.mountainmikespizza.com)  
( At Pacific ave & Robinhood Dr .Next To Delta College )

**20% OFF**

**ANY PIZZA ANY SIZE**

***We deliver***

COUPON CANNOT BE COMBINED WITH ANY OTHER OFFER.  
Only valid at 1000 W. ROBINHOOD DR. Location  
(209) 474-7470

**Free Pizza**

**BUY ANY LARGE SPECIALITY PIZZA AT  
REGULAR PRICE AND GET 1  
MEDIUM ONE TOPPING FREE**

***We deliver***

COUPON CANNOT BE COMBINED WITH ANY OTHER OFFER.  
Only valid at 1000 W. ROBINHOOD DR. Location



## JAPAN: Study abroad experienced

### JAPAN

*continued from Page 1*

look for historical artifacts in the city and write journal entries on our findings. In my Intercultural Communications class, we are assigned cultural partners who are students at Shiga University, our sponsor university. Finally, for my Religion and Society class we will be taking field trips to different religious sites in Kyoto.

There have been two major culture shocks for

me. The first one is trying to fully understand and learn the etiquette, as there is a specific procedure to follow for every kind of interaction you have, and they all vary in politeness and formality. As a foreigner, these societal rules don't automatically come to me, so I've been having to observe others around me to figure out what level of formality to use. The second big culture shock is the amount of plastic used in Japan. Every time you buy

something, you are given a plastic bag and there aren't many drinking fountains so you will have to buy a lot of plastic water bottles to stay hydrated. Back home I have reusable bags, straws, and silverware I use frequently. These types of things aren't common in Japan, so I had a few awkward situations when I tried explaining to a cashier I didn't need a plastic bag. I am thrilled to be abroad and everyday has brought new adventures and moments I will treasure.

## CORONAVIRUS: Prof explains it

### CORONAVIRUS

*continued from Page 1*

like other cold and flu-causing viruses. It is passed human-to-human through close contact and respiratory droplets from coughing and sneezing.

**Q:** How is the novel coronavirus different from SARS/MERS outbreak?

**A:** Both SARS and MERS are in the same family as 2019-nCoV, but it is a different virus. The numbers are changing daily, but current mortality rates for 2019-nCoV are reported at about

2%. SARS and MERS both had higher mortality rates - SARS over 9% and MERS over 30%.

**Q:** What are the treatment options available now for the virus?

**A:** There are not treatments available specific to the virus, but the symp-

toms such as fever, dehydration, etc., can be treated.

**Q:** There are a few cases of confirmed coronavirus in California and the closest one being Santa Clara. What is the likelihood of the disease coming to campus? Is it something we should be worried about? Should we be more worried about the common flu?

**A:** In the U.S., including California, the only people thus far that have tested positive for 2019-nCoV, have either travelled to the Wuhan region of China or been in close contact (a spouse) with someone that has travelled to the regions. Anyone that does not fall into one of these categories is a low risk for the virus. At this point, the likelihood of the disease coming to campus is low.

**Q:** Social media has made it easier to spread misinformation, racial stereotyping, and fear monger-

ing during times of public emergencies. Right now, there is a lot of xenophobic messages being spread to students/people of Asian ethnicities across the world. What is your message to Pacific students concerning this?

**A:** I agree with you that social media has made it easier to spread misinformation. That means that we have an obligation to be better-informed. We all should check sources/facts before spreading any information. Regarding 2019-nCoV, viruses do not distinguish by ethnicity. This particular virus is more common in China because that is where it originated. Novel viruses can emerge anywhere in the world, especially where people come in contact with animals.

## Library continues makeover



*Pacifican photos by Angelique Doty*

*The Library has reopened the 2nd Floor Reading Commons after it's renovation was completed. The second floor "Reading Commons" is 15,000 square feet and features 100+ seats, nine study rooms, and a Multifaith Meditation and Prayer Area. Pacific is transforming its libraries into a modern, technologically equipped, learner-centered resource. The construction phase of the William Knox Holt Memorial Library transformation began in November.*

## YOGA: Class on campus adds to workout routine

### YOGA

*continued from Page 7*

by a blanket, and a block. The block is used to help you stabilize yourself and the blanket for comfort and support.

Ultimately, I loved the class. The instructor, Deanna, guided the class through the movements progressing from easy to difficult. And even though there were times where I painfully mouthed "OH MY GOD," to my friend as I attempted a modified side plank while my leg uncontrollably shook, I had a great time. Since many people in the class were also beginners and had the

same experience, I never felt embarrassed.

I look forward to going to classes now. For that one hour, I get to distance myself from the past faced world. Don't get me wrong, my mind still wanders to projects, presentations, and midterms, but I am learning to recenter myself and focus on stillness.

I've only been to about 4 weeks worth of classes, so I cannot attest to much; however, I will say that I am increasingly able to stay more present. Whether it is in class, a conversation with a friend, or reading a book, I feel myself being able to stay in the moment without

my mind drifting off. It's brought a sense of peace to my life in a few ways.

There are multiple biological benefits to yoga. It improves your bone health, drops your blood pressure, strengthens your spine, and countless other things.

Overall, I would highly recommend trying out a yoga class to anyone. If you are just looking to switch up your workout routine, increase your flexibility, or try something new, this is definitely for you! Some tips from me to you: wear some comfy clothes, bring a friend, wear matching socks, and keep an open mind!

Thursday, February 13, 2020

## TikTok rage is propelling success on app

By Natalia Gevara

Editor-In-Chief

When college students first heard the talk of “TikTok,” the first thought that likely came to mind was Ke\$ha’s 2009 jam. But it is actually the name of a video-sharing social networking app that allows users to create lip-synching, comedy, and talent videos.

Created by the Chinese tech company ByteDance, the social media app was created after merging with the former musical app known as “Music.ly.” As of October 2019, it is estimated that the social media app has around 800 million monthly users

worldwide.

As the top free application in the Apple App store, it does seem that TikTok is dominated by Generation Z. In fact, 26 percent of users are between the ages of 18 and 24. TikTok has an algorithm that is meant to cater specifically to each users’ interests, whether they be lip-synching music videos or a comical sketch.

However, TikTok is strangely reminiscent of another former social media app that has since been long gone.

“TikTok is definitely the new Vine, it’s a media app centered around short-length videos whether

it’s to music or just stand alone,” Biology major Robert Wong ‘23 said.

Vine was another short-form video application, and in a sense, it dominated a generation. Creators used the 6-second format to create quick-witted comedy sketches, many of which being iconic for Gen Z and Millennials alike. However, Vine was discontinued in October 2016, in light of many other social media platforms — such as Instagram — introducing their own short-video angle.

Though Vine is a warm and nostalgic moment in the minds of today’s youth, some would argue

that TikTok offers more variety that is inherently more significant. In fact, many people have utilized the app as a platform for social commentary.

“TikTok is used more by today’s youth as a vehicle for social conversations, which is why I think it is better,” History major Katelyn Getchel ‘20 said.

Others argue that TikTok is a breeding ground for unoriginal content.

“I think Vine encourages the original content a lot more,” Media X major Adelaide Spencer ‘21 said. “With TikTok’s use of music or sound clips, it encourages copycats and the following of trends.”

*“TikTok is used more by today’s youth as a vehicle for social conversation, which is why I think it is better.”*

**Katelyn Getchel**  
history major ‘20

in Stockton are finding mainstream success in the app. Stockton native Chase Hudson has amassed more than 11 million followers through TikTok, becoming a social media personality at the young age of 17-years-old.

Will TikTok plummet the way Vine did? Likely not, at least, for the time being.

Though it may be true that TikTok does not require the level of originality that Vine once did, it is evident that the app has helped propel the careers of many creators. In fact, rapper Lil Nas X credits the success of his song “Old Town Road” to TikTok, which was launched to #1 on the Billboard Top 100 last year after he uploaded it to TikTok.

Even people right here

## New influencers promote modest clothing

Faith can be a big filter for fashion picks

By Liliana López

Opinion Editor

Sometimes I’m envious of all you girls who can seemingly go into a store and appear to literally buy whatever you want. I guess I can buy whatever I want too, but I can’t really wear it, so there’s no point in that. You might be able to go into your favorite clothing store and almost every-

thing you see is an option. The only filters you have are your personal taste, and your budget and the event you are attending.

But I have another filter, one that makes it infinitely harder for me to choose what I wear.

Faith. Faith, and conviction, is what makes me dress the way I do. It is almost impossible to find any clothes that fit my boundaries, and that allow me to adhere to my chosen lifestyle. Cassia Arias, Sociology, ‘21, says “I dress modestly in order to honor

my religion and out of respect and value for myself. I do not make it a habit to wear clothes that expose my body...as opposed to my values, knowledge, personality, and everything else that gives me value.”

They’re all either too short, too low, or too tight. Sometimes, girls like me modify our outfits by wearing a layering shirt underneath a top, or by wearing a jacket over it.

I remember, when I was middle school, I would tie up the necks of my shirts if they were too low. There would be a flopping piece

of fabric, drooping at the nape of my neck, sticking out like a finger.

The trick that others find the most strange is when we wear another skirt under our skirt for added length.

Women and girls who dress modestly are tired of buying clothes that they, after hours of searching, still have to modify to make it work.

As a result, many women within the world of modest dressing have become social media influencers.

Some have even started online stores.

These influencers and entrepreneurs often serve not only as a place for young women to buy their clothes, but also as an inspiration for stylish modest dressing.

They show them that a modest lifestyle is not impossible, and does not have to be unfashionable.

“Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes.

Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is

of great worth in God’s sight.”

- 1 Peter 3: 3-4

“And tell the believing women to subdue their eyes, and maintain their chastity. They shall not reveal any parts of their bodies, except that which is necessary.”

Quran 24:31

Some modest clothing stores and influencers include @hanisrohayat, @halima, @veiledcollection, @kayanzo, @tiffboni, and @\_mariabrianne



# Plagues, WWIII! It's the end. Or is it?

By **Matthew Oldfather**  
Copy Editor

Did you know in the past few years, we've had at least five "World War IIIs"? The US has instituted a draft just as many times, and there's been several Walking Dead level plagues wracking the globe in the past few years alone. At least that's what social media would lead you to believe if you had no reason to take people's posts with a grain of salt. In the few decades since the dawn of the internet, and especially with the

slightly more recent onset of social media, alarmist ideas spread like wildfire. And to make matters worse, the folks who don't understand internet humor and sarcasm as well, can be truly led to believe the world's ending.

The amount of times "World War 3" has trended on social media is surprisingly large. From the Ukraine crisis to North Korean missile tests, from skirmishes in the Kashmir to the justified assassination of a terrorist leader responsible for the deaths of many American sol-

diers, any military conflict in the world can be blown insanely out of proportion. With social media, these events are covered live by hundreds or thousands of people, and folk tend to post on social media before an event has totally unraveled, or before the facts can be ascertained from the fiction. This leads to a drastic overblowing of events, and people (both seriously and jokingly) cry World War 3.

Since our country's very inception, a draft has only been employed five times: During the Revolution, the Civil War,

World Wars I & II, and the Vietnam War. The draft is employed only in the most intense of circumstances: when the freedom of the country or the values that we cherish are threatened globally. Since the rise of social media, it has become commonplace for people to use the idea of the draft to fearmonger and push their own ideas by claiming a draft is being instituted. If one was to believe they are being forced into a military conflict, they probably wouldn't be in favor of whatever conflict it is. If a certain group isn't in favor of a conflict, it's easy

for them to garner public support against the conflict through the unfiltered feed of social media.

Alarmism on social media isn't limited to just military conflict though. How many times have you read a tweet or Facebook post about some kind of disease spreading across the globe, wracking the population and stumping medical professionals everywhere? Well luckily we haven't had a black plague in a few centuries, so until the WHO or Surgeon-General tells me otherwise, I intend on carrying on as though civilization

isn't going to collapse into a Walking Dead-esque wasteland. However, we have people on social media ranting about how the coronavirus is going to infect billions and destroy the world's infrastructure.

The rise of social media and its ability to become a source of constant, unfiltered, not-fact-checked news has caused alarmism to rise to critical levels, allowing groups to fearmonger and instill panic in large numbers of people who may not know otherwise.

# Picking a major in high school shortsighted

## Factors to consider when changing it

By **Chelsea Igtanloc**  
Social Media Editor

You are told to make one of the biggest decisions of your life in your senior year of high school. Trying to figure out what your future career will be when you do not even know how to pay taxes. A lot lies in what major you choose when you go into college, yet changing it is even harder.

Growing up, I never had the many resources or support that Pacific has, so I chose a major based on tunnel vision. I simply wanted a job that paid a lot and was not nursing, so I

ended up in biochemistry. Coming to Pacific, I was excited to begin this new journey until I saw what people from this major were going through, the classes I would have to take, and the careers I would have to work in. I started to get scared because I was no longer passionate about the future I set myself up for. This is when I began to realize that I could not be losing something that I never had in the first place.

I decided to look into changing my major, but pressures started settling in. I wanted to make sure that if I did change my

major, it would be "the one", as if my college experience was a season of 'The Bachelor'. "What if this is not what I actually want to be?" and "What if I find something better?" were questions that constantly circled around my mind. Many relatives at home also expressed so much excitement about me being a biochemistry major. Would they be disappointed if I changed it? Would they talk badly about me if I'm not a STEM major? What people thought combining with my own questions racked my brain everyday and it was hard to focus on anything else.

Along with the internal conflicts, there are also many on the outside as well. An example of this is time and money, and these two went hand in hand as they both went down the drain. The first lesson you learn as a student here is that everything you do costs money, from eating and sleeping to even breathing. Though that may have been an exaggeration, classes at Pacific are very costly. This means if you take a class you do not end up needing for your new major, you essentially wasted your time and money.

Time and money are exceptional aspects of this struggle, but they also exist at every other school.

Pacific, itself, has its own specific obstacles. When I first started thinking about changing my major, I had only one year under my belt, which is difficult when you are forced to take the PACS classes. The credits you get for completing these courses do not transfer to any other school, which eliminated this possibility since you would not meet the credit requirement.

Another Pacific-specific challenge includes the accelerated programs. They are great opportunities, but realizing that it is not what you want is even harder than changing from any other major.

With most of the other programs, you can choose from an umbrella

of careers, but accelerated programs force you to sign up for the planned career from the get go.

There are no other choices, but that single option and the deeper you are, the harder it is to leave.

All in all, the struggles that come with changing your major are terrible, but doing what you are passionate about in the end is worth it.

I am now in the process of changing my major into something I love and I feel excited to learn again. It was the best decision I ever made, and if you have an inkling to change, it may be the right decision for you.

# Super Bowl 2020, as told by Twitter

## Highlighting the country's biggest sporting event through tweets

By **Natalia Gevara**  
Editor-in-Chief

Like every other year, Super Bowl LIV was not without a share of hilarious and thought-provoking tweets as the San Francisco 49ers took on the Kansas City Chiefs. From politically correct commercials to JLo from the block, this Super Bowl was as memorable as the last. If you missed out on this year's festivities, no need to worry — Twitter once again gives the best run-down on how the game played out.

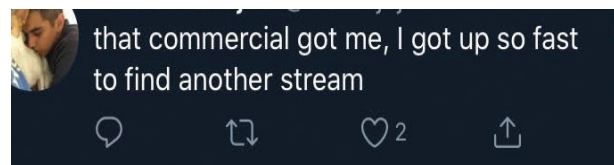
Of course, we had to cover the most important and relevant pre-game questions being asked.



We also had people who cared so little about the game, that they had to tweet about it.



But the Super Bowl is not the Super Bowl without powerful commercials, which companies pay outrageous amounts of money to showcase. Which one is this person talking about? Who knows, but it was probably the one with Jason Mamoa.



What mattered the most, as per usual, was the half-time show. This year, we were all insecure when we learned that both Shakira and Jennifer Lopez were over the age of 40.



Don't worry, we didn't forget the most important highlights from the actual game.



It was indeed a brutal and very riveting game, but the expected winner unfortunately experienced a giant upset after leading most of the game.



After three great quarters, where the San Francisco 49ers seemed to be on their way to a win, it all fell apart in the end.

The Niner Nation was stunned when the Chiefs won the Lombardi Trophy 31-20.

Of course, someone had something to say about that! All jokes aside, shout out to the great state of Kansas for their win.

Your state must be so proud.



# Namaste! I tried yoga at Baun Fitness Center

By **Malavika Raj**  
Sports Editor

A few weeks ago, I decided to start going to the yoga classes at the Baun fitness center to spice up my workout routine. So, if you are looking into trying out yoga as well (from one person who can't touch their toes to you) here is my experience:

I remember walking into my first yoga class

with absolute mixed feelings. "Where are your Lulus," my friend joked. "And your hydroflask?"

I almost thought she was serious, considering the stereotype that came with people who did yoga. I've heard them all: hippie, vegan, green-smoothie drinker, and as someone who doesn't identify with any of these labels, I would recommend trying out a

yoga class to anybody.

I started looking into trying out a yoga class at Pacific to add some diversity into my workout schedule. The gym was starting to feel claustrophobic and loud. It just made my already hectic school schedule a little more crazier, and I started to get irritated.

I was tired of hearing guys unnecessarily grunt as

they slammed their barbell onto the ground, or the girl next to me speaking on the phone to her mom as she completed her ab circuit. I just needed a new environment, something a little bit more relaxing that contrasted from my day to day life. So, taking up yoga felt like a no brainer.

At first I was hesitant because I am not the most elegant person. I slouch, I

trip over things on a daily basis, and half the time my socks don't match. Yoga felt like something for people who had already achieved a "nirvana state of being." I also remember my mom dragging me to class with her when I was 15, and I fell asleep. Understandably she never took me again.

But I was determined to give it a try another try.

The first thing I remember was how relaxing the environment was. Everyone spoke in quiet voices. The room was lit by fairy lights, bringing out a sense of serenity. Meditation music, which felt very calming and rejuvenating, danced through the speakers. I mimicked people around me: I set up a mat, followed

**YOGA**  
*continued on Page 4*



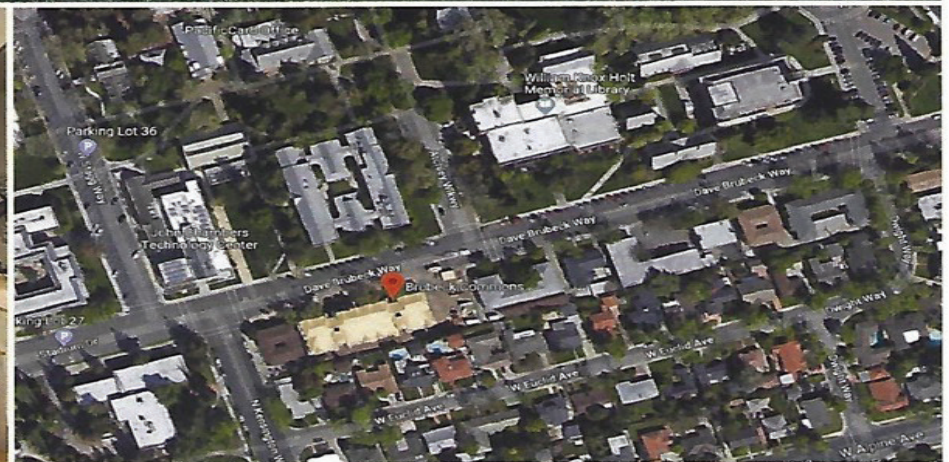
# BRUBECK COMMONS

## APARTMENTS

# OFF CAMPUS HOUSING

**Fully Furnished 2, 3, & 4-Bedroom Apartments**

Spacious Kitchens With Modern Appliances • Granite Countertops (Kitchen & Bathrooms)  
Full Size Washer & Dryer • Access Controlled Entry • Bike Storage • Onsite Parking Available



**209.244.0241**  
**[www.brubeckcommons.com](http://www.brubeckcommons.com)**